The Pomodoro Technique

- The Pomodoro Technique is a time management method that can be used for any kind of task.
- The aim of the Pomodoro Technique is to use time as a valuably accomplishing what we want to do in the way we want to do it, and to enable us to continually improve the way we work or study

Method

At the beginning of each day select the tasks you need to complete and copy them on the 'TO DO' List

1. **Identify the task**
2. **Set timer for 25 minutes**
3. **Work on tasks with no distractions**
4. **End work when timer rings and tick To Do List**
5. **Take a 5 Minute break, then move back to the next task**
6. **After doing 4 Pomodoro's take a longer break of 20-30 minutes**

Aims of the Pomodoro Technique

- Enhance **focus** and **concentration** by cutting down on interruptions
- **Increase awareness** of your decisions
- **Boost motivation** and keep it constant
- **Bolster the determination** to achieve your goals
- **Improve your study process**